

Autumn | Winter 2016

INTOUCH 觸覺



**Proud
to be
Pink**

**Pink Revolution
16th Anniversary**



癌症基金會
CANCERFUND
So no one faces cancer alone

www.cancer-fund.org

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Proud to be Pink

Dear Friends,

It's that time of year again when we ask you to 'check check check' as part of our Pink Revolution Breast Cancer Awareness campaign. Pink is internationally associated with breast cancer and we're proud to be pink as we stand by our courageous survivors. I hope that you will get on board with our Dress Pink Day and Shop for Pink events happening this October. Both are fun events and by adding some pink to your outfit or shopping trip, you are helping us to provide everyone touched by breast cancer with access to our FREE information and support.



Our services meet the wide range of needs women face when dealing with breast cancer, from family support and counseling, practical assistance in dealing with hair loss and prostheses to a range of programmes designed for symptom and side effects management. These services help make all aspects of breast cancer less daunting.

We also explore in this issue a subject close to my heart; the unique hardships experienced by domestic helpers when facing cancer in Hong Kong. My housekeeper of 40 years is currently receiving cancer treatment after a relapse. I am encouraged to see how, with the improved quality of treatment and medication available, she has been able to maintain a light workload and has kept a very positive outlook. Cancer Fund, along with a number of our fellow dedicated charities and support agencies are working to support this courageous group of women.

I'm proud to be pink this year!

Sally Lo, MBE
Founder and Chief Executive



Stronger Together

For most parents, the only thing more difficult than hearing you have cancer is trying to find a way to share this news with a child. While it is understandable that parents want to protect their children from any potentially upsetting knowledge, keeping cancer a secret can often do more harm than good. Dorothy and her husband, both medical professionals, know first-hand how including a child in the cancer experience can have surprisingly valuable results for the whole family.

“Children are often more aware of their surroundings than we realise”

When Dorothy was diagnosed with stage II breast cancer two years ago, the couple decided to share the news with their 8 years old daughter Angela. The family was determined to face cancer as a team and all support Dorothy together.

“Children are often more aware of their surroundings than we realise,” Dorothy explained. “They are also sensitive to changes in a family. As I was required to visit the

hospital regularly, we believed she would sense something different even if we didn’t tell her what was happening. That is why we thought it was very important to tell Angela as early as possible so that she would be well prepared for possible changes in the family, and to avoid any unnecessary guessing on her part.”

Gaining independence

As a result of being included in the cancer experience, Angela learned to become more independent and mature. When helping with the groceries or other family chores she approached family changes with positivity, believing that “taking full responsibility for my role is the best gift to my parents.” As Dorothy’s weight dropped and she adjusted to a new lifestyle including the side effects of treatment, Angela’s increased maturity and positivity helped her mother deal with her breast cancer.

Rainbow Club

Support was also provided for both mother and daughter through the Cancer Fund’s Rainbow Club, which aims to help children whose parents have cancer cope. Angela became involved in mentoring

programmes, volunteering activities and even went on an overnight summer camp with Dorothy.

“We hope our camps can help families cope with cancer together,” said Felix, Rainbow Club programme manager. “It is also important for parents to learn that children have the potential to help them cope with hard times. Our aim is to help them realise full responsibility in their family roles.”

Thanks to these services and, most importantly, the support of her husband and daughter, Dorothy is now recovering well. The family has retained an optimistic outlook on life and is a good example of how family members can unite together when facing cancer and the positive impact keeping children in the loop can have on all involved.

Fruit and vegetables can protect our youth against breast cancer

Recently published studies in the British Medical Journal have shown that high intakes of fruit during adolescence and high intakes of fruit and vegetables that are high in beta-carotene in early adulthood significantly reduced the risk of breast cancer. Apples, oranges, bananas, grapes and kale were found to be most strongly associated with reducing risk.

Findings in this study support current cancer prevention recommendations and act as an important reminder to foster healthy eating habits in our children from an early age.

Since her breast cancer, Dorothy has become more health aware and has adopted a healthier diet. In addition to eating more vegetables and fruits, she now always brings along Angela to exercise with her to help her daughter build up a healthier body and lifestyle.

Visit www.cancer-fund.org/RainbowClub

BREAST CANCER THROUGH A CHILD'S EYES...



“Long before mum was diagnosed with breast cancer she had been sharing changes in her body with the family, so I was not particularly shocked when we knew it was cancer. It was worrying to know she would need to undergo treatment however, I’d rather to be told the truth because otherwise I would probably keep imagining bad things happening like cancer cells spreading to her lung and liver.

I’m also glad that my dad talked to me about cancer. While I was waiting for mum to undergo treatment in the hospital, I had the chance to read the cancer booklets by Hong Kong Cancer Fund, and now I understand cancer even better. Cancer is just like a cold: you can get over it with medicine. I also trust that with love, forgiveness, and compromise, we can tackle any obstacles.”

Angela

Angela and Dorothy pictured above

Who's helping our helpers through cancer?

Most people would expect to find a cancer diagnosis distressing, with thoughts naturally turning to what this means for their health, family and lifestyle. Few though, would ever think to worry about how a cancer diagnosis could lead not only to loss of employment and livelihood, but possibly even deportation from where they have created a home and life. Sadly, when a foreign domestic worker (FDW) is diagnosed with cancer in Hong Kong, all these outcomes and more are of instant concern.

According to Help for Domestic Helpers, there are currently over 340,000 FDWs working in Hong Kong; just under 5% of Hong Kong's entire population. This community faces a number of challenges unique to their living and working situation. Gemma, a Filipino living in Hong Kong, can speak intimately on how exceptionally difficult cancer can be in the life of a foreign domestic worker.

Gemma's story

Gemma was diagnosed with breast cancer in December 2006, over ten years since first arriving in Hong Kong. On top of her health concerns, she faced the stressful



“When they heard ‘cancer’ they thought that I was going to die”

- Gemma, cancer survivor

and scary possibility of being forced to leave Hong Kong for the Philippines when her employer of over a decade, told her she would not be able to continue working for their family. ‘When they heard ‘cancer’ they thought that I was going to die,’ Gemma emotionally recalls. ‘My employer was very angry with me.’

Unfortunately this reaction is experienced in the FDW community more frequently than it should. Some employers, concerned that a cancer diagnosis could bring unwanted burden to a family or even death, will terminate their FDW's contract. This can have a significant emotional and practical impact on women in addition to dealing with their cancer. Maintaining their working contract is of utmost importance to women when diagnosed with cancer.

The solution?

Women with cancer who are able to maintain their working contract and the support of their employers are able to access affordable treatment and social welfare assistance. They also have the security and peace of mind of knowing they can continue working or return to work once their health returns.

The system, as it stands, makes it difficult for the government to regulate how an employer might



respond to an FDW with cancer. As a result, many women are left to the mercy of individual discretion regardless of the legal requirements in place.

Gemma was luckily fortunate enough to negotiate with her employer a working arrangement with adjusted duties. Whilst it wasn't ideal for someone undergoing cancer treatment, it did allow her to remain in Hong Kong, receive her treatment and recover. The level of stress and uncertainty during her cancer experience was still arguably unnecessarily greater than people not in her situation as a foreign domestic worker.

These days, Gemma is well, working for a new family and volunteering her time at the Filipino Migrant Cancer Support Society to share her experience and support with other FDW living with cancer in Hong Kong.

There are of course, many instances where employers have been dutiful in their responsibilities to their FDW, and many who have gone above and beyond to assist their employee through cancer. For women

who are having difficulty negotiating their cancer and working conditions, there are also many devoted organisations and individuals who, like Cancer Fund, provide assistance, support and guidance during their time of need.

Advice for employers

If your foreign domestic worker is diagnosed with cancer, or any other serious illness, while under your employment, please keep in mind the following:

- Cancer is not a death sentence: with ever improving treatment options, these days most people survive cancer and return to normal lives. It is likely work can even continue through treatment with very little interference.
- FDWs are protected under the Employment Ordinance. It is illegal to terminate a contract due to a cancer diagnosis; doing so is breaking the law.
- Cancer treatment in Hong Kong is affordable and helpers can access social welfare benefits for support during their treatment. Organisations like the Cancer Fund also provide assistance to ease the burden of cancer and provide support.

Hong Kong Cancer Fund provides cancer care supportive services including English support groups to foreign domestic workers living with cancer. We also support the work of our friends at Filipino Migrant Cancer Support Society www.facebook.com/filmcass.hk and Help for Domestic Helpers <http://www.hdh-sjc.org>

Pink Revolution

Are you breast aware?

If you know 17 women in Hong Kong, chances are one of them will have breast cancer at some stage. We are asking you to become breast aware by learning the early signs of breast cancer and how to check yourself. Then share our message of **check check check** with as many friends and family as possible because every woman you share this message with, could be a life saved.

Breast cancer is currently the most common cancer type for women in Hong Kong and the third leading cause of cancer-related deaths.

With the 16th anniversary of our **Pink Revolution** campaign, we are asking you once again to become breast aware. **Early detection** means less physical and emotional trauma, and most importantly, the best chance for survival.

Here's what to look for when you check:

- A lump, lumpiness or thickening
- Changes in the skin, such as puckering, dimpling or a rash
- Persistent or unusual pain
- A change in the shape or size of the breast
- Discharge from a nipple, a nipple rash or a change in its shape

If you notice any of these changes, please see your doctor immediately. Early detection can save lives.

Check your breast in 3 steps



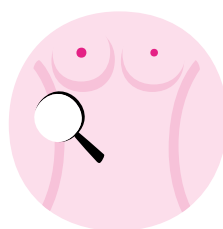
1 Look

for changes in your breasts, or changes/discharge from the nipple



2 Feel

for lumps, thickening, puckering, dimpling of the skin, unusual redness, colour change or pain



3 Compare

the shape and size of your breast with before, and both nipples for unusual changes



Fala Chen says: check check check

Fala Chen recently volunteered her time and voice to raise awareness of breast cancer. She visited our CancerLink Central centre to meet with and show her support for breast cancer survivors. Like Fala, our survivors know the importance of early detection in saving lives.

“My mom was smart enough to check herself regularly and when she found a lump in her breast, she was able to get early treatment. Since then she is exceptionally cautious about our health and I have started to have body checks every year since I was 18. I also try to eat healthy, don’t smoke and drink small portions of alcohol just for social purposes. As breast cancer is so common in Hong



Kong, I hope all women can be more aware of their body and check regularly.” — Fala Chen

It only takes a few moments to regularly check yourself for changes in your breasts but it could save your life!

Fala Chen is a Cancer Fund Pink Revolution Pink Ambassador. We thank Fala for her ongoing support in raising breast cancer awareness.

Brave & beautiful, inside & out

Our free services keep women touched by breast cancer looking and feeling their best

Breast Cancer is tough on the health, mind and body. Symptoms and side effects can leave women feeling exhausted and not looking or feeling their best, even long after treatment is over.

At CancerLink, we know that looking good can have a huge impact on how one feels, especially for those who went through breast cancer. This is why we provide programmes and services to ensure that all women look their best when they might be feeling their worst, and to help women let their inner beauty shine even on the darkest of days.



Lymphedema

Lymphedema (the swelling of limbs following lymph node removal or surgery) is one of the more common, lasting and unsightly side effects of breast cancer treatment. We work with women through counseling and programmes like 'Understanding Upper Lymphedema' to help them understand, manage and reduce this side effect. We also offer Yin Yoga classes with specially designed exercises to enhance healing.

Prosthetics

A mastectomy (the removal of a breast) is a common breast cancer treatment. Whilst this operation can provide great health benefits, it also comes with a physical and emotional burden to manage. A prosthetic can help a woman look and feel like herself again. We offer financial support to subsidise breast prostheses and bras for those in financial hardship and our nurses help women to fit and integrate their prostheses smoothly into their lives.

Inner Beauty

Sometimes during or after a physically and emotionally traumatic experience like cancer, positive self-image needs to be rebuilt. The beauty that



lives inside all women is the focus of our self-image workshops and we aim to ensure our participants acknowledge their inner strength and beauty so that their spirit can shine through.

Hair Care

A good hair day can leave us feeling like a million dollars, a bad hair day the opposite. So what to do on a no hair day? 'Will my hair fall out?' is one of the most frequent questions women ask about their cancer treatment. If it does, our team of volunteer hair stylists and staff offer a range of styling tips, wig fittings, free scarves (including tips on how to wear them) and general advice to keep women looking their stylish best.



Beauty Workshops

Our volunteer beauty professionals and makeup artists work magic in our 'Image Enhancement' workshops. Using skin care and makeup products, women learn practical, everyday ways to ensure they can look great even when living with the side effects of cancer. Participants leave looking, and most importantly feeling, confident and like the stars we know they all are.

FOR MORE INFORMATION

Call our CancerLink hotline (3667 3000) for more information on how to access these programmes and more. You can also donate to support our free cancer services by calling our donation hotline (3667 6333).

Dress Pink Day

Are you looking for a fun and easy way to get involved in this year's Dress Pink Day?

Treat your team to a pink themed office lunch or perhaps get the whole office on board for a company pink party?

Not at work? Easy – just grab your friends together for a pink morning tea or lunch and support women whose lives have been touched by cancer! We want you to have some fun with our Pink theme and be creative as you raise funds for our people living with breast cancer.

Every little bit helps

Even a little can make a big difference to someone touched by breast cancer.

With HK\$120 you can sponsor a Pink Recovery Pack which contains invaluable information, a soft pillow, temporary breast prosthesis and other comforting and practical items to make the physical and mental healing process easier for someone who has just undergone surgery.

Just by having a pink party you can support our essential services and ensure no one faces breast cancer alone. It's easy, fun and you'll be making a difference - what could be better?

www.cancer-fund.org/pink



Moët & Chandon are offering their limited edition Flamingo Rosé Champagne in support of Pink Revolution. Purchase a box of 6 standard (75cl) or 24 mini (20cl) bottles and a percentage of the proceeds go directly to Cancer Fund. For more information please email mariejenkins@hkcf.org.





Zojirushi in Pink

Our long time sponsor Zojirushi is back again this year as our Cancer Fund Pink Revolution Major Sponsor. Once again they are supporting our annual breast cancer awareness raising campaign by dedicating their popular and fittingly pink series of products to this year's Shop for Pink.

Zojirushi's stainless steel vacuum line of pink products makes it practical to enjoy your favourite home-prepared food and beverages anytime, anywhere! Healthy eating is now even easier which definitely gets Cancer Fund's tick of approval.

When you purchase selected Zojirushi products during our Pink Revolution campaign period, a portion of the profit will be donated directly to Cancer Fund and supporting women with breast cancer.

'We look forward to the Cancer Fund Pink Revolution each year and are excited to be partaking once again



as a major sponsor. Raising breast cancer awareness is an important message for the community and we are proud to be supporting the Cancer Fund as they provide free services and support to anyone touched by cancer in Hong Kong.' –Steven Lo, Retail Sales Manager of Zojirushi sole distributor for Hong Kong and Macau.

We thank Zojirushi for their ongoing, loyal support and encourage you to go out and treat yourself with something pretty and pink and contribute to our important cause!

Shop for Pink

This October support the Cancer Fund Pink Revolution and you'll be helping women living with breast cancer.

Pink items are available for sale 1-31 October unless otherwise specified. Shop Now!

We have what all women secretly want—a reason to shop!

Your favourite brands are back again to support us with exclusive Shop for Pink fashion, beauty, lifestyle and dining offers. For every item you buy, a part of the profit will be donated to Cancer Fund's FREE breast cancer support services.

Check out our items here or online and start shopping to support women touched by cancer.



www.cancer-fund.org/pink

1 amika

Power Cloud Repair & Smooth Dryer – Neon Pink & Neon Yellow Outline

Price: HK\$2,880

Promotion period: 15/10 – 14/11/2016

☎ 2398-4181

2 Premier

24H Quartz Gem Metamorphosis Lifting Mask

Price: HK\$4,280

Promotion period: 15/10 – 14/11/2016

☎ 2398-4191



3 Bonjour

Pink & Rosy Whitening Cleanser Set

Price: HK\$255/set

Promotion period: 1/10 – 31/10/2016

☎ 2380-8010

4 ICE-WATCH

Forever Pink or ICE Duo Pink Red watch

Price: HK\$850

Promotion period: 1/10 – 31/10/2016

☎ 3188-5909

5 Repetto

Brigitte Pointed Toe Ballerina Satin Pink

Price: HK\$2,950

Promotion period: 20/9-31/10/2016

☎ 2301-6003



6 Philip Stein

Living Pink Timepiece

Price: HK\$8,565

Promotion period: 15/8 – 15/11/2016

☎ 2736-8300

7 Shanghai Tang

CF Crystal Hulu Bracelet

Price: HK\$1,280

Promotion period: 17/9/2016 – 28/2/2017

☎ 2525-7333

8 PANDORA

Nostalgic Roses Murano Glass Silver Charm or Moments Double Woven Leather Bracelet

Price: HK\$349/\$549

Promotion period: 5/9 – 31/10/2016

☎ 2117-4650



9 MALL RIVER

Shining Lady Necklace

Price: HK\$590/Redemption price: HK\$299

Promotion period: 1/9 – 31/12/2016

☎ 3998-4534

10 Zojirushi

0.36L/0.48L Stainless Steel Vacuum Mug and 0.75L Vacuum Food Jar with bag.

Price: HK\$239-\$299

Promotion period: Sep to Dec 2016

☎ 2543-4296

11 ECCO

ECCO 3 Steps Shoe Care Kit

Price: HK\$299

Promotion period: 1/10-31/10/2016

☎ 3151-7973

12 Regina Mircacle

All pink bras, pink panties and pink sport bras

Price: HK\$98-\$428

Promotion period: 1/10 – 31/10/2016

☎ 2820-6188

13 bla bla bra

Miracle Sport Fashion Bra

Price: (Bra) HK\$339/ (Panty) HK\$99

Promotion period: 1/10 – 31/10/2016

☎ 2412-3008

14 BodiBra

Selected Pink Bras

Price: HK\$349-\$899

Promotion period: 1/10 – 31/10/2016

☎ 2330-4669

15 Avec Amour Lingerie

Price: HK\$200-\$3,000

Promotion period: 1/10 – 31/10/2016

☎ 2978-3998

16 HW Bridal

Any wedding gown and evening gown

Price: above HK\$980

Promotion period: from Aug to Oct

☎ 6999-3330



17 Calvin Klein Performance

Calvin Klein Performance Special Edition
Short Sleeves Charity Tee

Price: HK\$200

Promotion period: 20/10 – 30/11/2016

☎ 2352-6978

18 Casablanca

A: Toscana 1200 Threads Long-staple
Cotton series bedding set

B: Sicili 1250 Threads Tencel series
bedding set

C: CASA-V 1580 Threads Pima Cotton
series bedding set

D: Barbie 900 Threads Tencel series
bedding set

Price: HK\$599- \$1,599

Promotion period: 1/10 – 31/10/2016

☎ 2687-5113

19 city'super

Limited Edition Pink city'super Foldable
Tote Bag

Price: HK\$85

Promotion period: from 1/10/2016

Pink Cooking Class

Price: \$450

Promotion period: 1/10 - 30/10/2016

☎ 2736-3866

20 Pure Apparel

Pink Items

Promotion period: 1/10 – 31/10/2016

☎ 8178-0000

21 Le Creuset

Chiffon Pink Barbeque Pan 26cm Set with
Glass Lid and Round Plastic Pins

Special price: HK\$1,668

Promotion period: Oct 2016

☎ 3641-1200

22 SINOMAX

Power Nap

Price: HK\$499

Promotion period: 1/10 – 31/10/2016

☎ 2796-0918

23 PizzaExpress

Halloween Special Dessert

Promotion period: 1/10 – 31/10/2016

☎ 2123-1083

24 Fine Foods (The Royal Garden)

Macaroon Gift Box

*125 boxes only, while stocks last.

Price: HK\$160

Promotion period: 1/10 – 31/10/2016

☎ 2733-2045

25 Twinkle Baker Decor

Cupcakes or Cookies Decorating Work-
shop / Pink Bakeware (9" Round Cake Pan)

Price: Workshop (HK\$450/person) /
Product (HK\$138)

☎ 2114-0052 /2369-8068

26 nood food

Pink Smoothie

Promotion period: 1/10 – 31/10/2016

info@allnood.com

27 Conrad Macao, Cotai Central

Purchase a Conrad Macao limited-edition
signature pink bear and duck from the
Conrad Gift Shop, or enjoy Conrad Macao's
Pink Afternoon Tea, part of the proceeds will
go towards Cancer Fund Pink Revolution.
Also, book a pink room package, for a chance
to win a magnificent prize.

Promotion period: 1/10 – 31/10/2016

☎ (853) 2882-9000





Inspiring fun for the whole family!

Our Pink Revolution launch will be held at Olympian City 2 who is generously hosting our event. Come along and find out how Cancer Fund supports women touched by breast cancer with their free services.

We will be showcasing the confidence, strength and beauty of our breast cancer survivors who will treat us all to a parade at the event. Come along and support these inspiring women as they strut the catwalk to raise breast cancer awareness and show us all how proud they are to be Pink!

With special guests and giveaways, this event will set the tone for what is sure to be a fun-filled and meaningful month looking to raise important funds for cancer support and breast health awareness in the community.



Anyone who donates HK\$120 at Olympian City 2 between 20 Sept and 31 Oct will receive a Pink Revolution cardholder as a token of our appreciation (while stocks last).

EVENT DETAILS

3pm— 4:30pm
Tuesday 20 September
Ground Floor, Central Atrium
Olympian City 2

Inspiring Breast Cancer Survivors

Making waves both in and out of the water

Our friends at Dragons Abreast Hong Kong (DAHK) know the importance of breast awareness for women in Hong Kong. DAHK is a dragon boating team for breast cancer survivors. On the water they train and compete as a way to keep an active and healthy lifestyle, out of the water members raise awareness of breast cancer and work to inspire hope and positivity in the lives of others.

We sat down with Dragon Abreast Hong Kong member Anita Wong to find out more about this great initiative.

How was Dragons Abreast Hong Kong (DAHK) founded?

It was founded in 2006 when a group of breast cancer survivors knew that doing sports could benefit their health. They met their coach Katherine Lynch who strongly encouraged them to try dragon boating and later became the founder of the organisation. At that time, dragon boat racing was already common among breast cancer survivors in Australia and Canada.

Who can join DAHK?

Breast cancer survivors, who we advise to get doctors' approval before joining. We also encourage family members to join to show support and have many husband and wife members involved.

What are the benefits of DAHK?

Doctors often advise breast cancer survivors to do exercise focusing on the upper limbs to prevent lymphedema. Dragon boat racing mainly uses the strength of the upper limbs, which helps blood circulation and it is great fitness.





We have regular work-out meet ups, like running, stretching and will sometimes organise hiking activities or overnight trips to the mainland to have fun.

How can Dragon Boat racing impact a survivor's cancer journey?

Through boat racing, survivors learn that they are no different from other people because they have the strength and power to accomplish the sport. It is amazing that their performance is sometimes better than other people who haven't suffered from cancer and we have even won some competitions! This is very good proof to show survivors they have strength and ability, which gives them great confidence in their cancer journey.

What makes DAHK so special?

The most attractive part of it is that all people work towards the same goal in one team. By working towards the same goal, they

know they are not alone. Dragon boat requires full confidence and support among each other in a boat racing so that the boat can move fast.

Can you share any special memories you have of DAHK?

There was one time in a competition, our boat crashed with another. Because the whole team had full trust among one another, and full confidence in the coach, we were able to stay calm and followed the coach's orders. We stopped and stayed in position as our coach directed

and, in the end, everything was fine. After that incidence, I became much more confident in myself and in dragon boat racing because I realised how important it is to have trust in the team and in ourselves.

You've been on the team for ten years now, what makes you stay?

All my teammates know what it feels like to live with cancer. We all hold the same faith and our common experience creates a strong bond keeping us together like a family. It has been a happy experience.



香港乳龍
DRAGONS ABREAST HONG KONG

Dragons Abreast Hong Kong occasionally visit CancerLink centres to share information. They offer a free trial for people interested in joining and more information can be found on their website:

www.dahk.org.hk or Facebook: **Dragons Abreast HK**



Dancing through Cancer

How the *Enriching Your Marriage Through Dance* programme is strengthening relationships one couple at a time.

When we promise to love our partner in sickness and in health, few of us expect to be tested on this promise with a cancer diagnosis. However the reality is cancer rates are growing, it is becoming more likely to affect a relationship and there is little a couple can do to prepare for the unique challenges this can bring.

With these challenges, some relationships may struggle and others become more unified than ever. Cancer Fund helps couples to navigate cancer together by providing counseling, wellness programmes and support. One programme that has proved especially popular is CancerLink's Going Through Project; 'Enriching Marriage Through Dance.'

This programme is facilitated by a dance teacher and social worker, and builds on research that shows

dance can help people take pleasure in their bodies and express themselves more openly. Through learning to dance together, couples are also able to build on their relationship.

"Dancing has helped to fill our lives with sunshine: it's given us so much positive energy and enhanced the intimacy between us."

Mr and Mrs Chui are just one of many couples whose relationship was challenged by cancer. As Mr Chui started his period of recovery following his prostate cancer treatment, he and his wife joined the programme.

Though hesitant at first, Mrs Chui wanted to support Mr Chui and they both found dancing could provide huge benefits to their relationship.

“Dancing is just like a marriage,” Mrs Chui explained, “You need to know how to match each other: when one of you steps forward, the other has to step back. Dancing has helped to fill our lives with sunshine: it’s given us so much positive energy and enhanced the intimacy between us.”

Mr Chui agreed saying, “Dancing has made me feel full of energy and excitement, I now dance with my wife every day. After joining the dance class together, our relationship become closer and we also feel healthier.”

The programme also offered couples the opportunity to share their experience with other couples and gain invaluable peer support. Mrs Chui found this aspect especially useful.

“People were willing to talk openly about prostate cancer and how it was affecting them. I came to realise that sharing your experience with others is so important; instructive, encouraging and supportive all at the same time. Knowing that other people are going through the same thing showed me that we were not alone, and relieved the stress of the situation.”

The couple says they are now closer than ever and Mrs Chui is looking positively towards the future; “Every day is precious and we’ll take care of each other no matter what we have to face.”

To learn more about the CancerLink programmes and support services that helped Mr and Mrs Chui, call our hotline on 3667 3000.



November 2016

According to the most recent figures (Hong

Kong Cancer Registry, 2013), prostate cancer is the third most common cancer in Hong Kong with an average of one in thirty-one men being diagnosed annually. Those diagnosed have a significantly higher chance of survival if detected early.

Hong Kong Cancer Fund is delighted to be the beneficiary of Movember 2016. Grow a moustache this November and all funds raised will support prostate cancer care services and local research to help people like Mr and Mrs Chiu in their time of need. For more information on the Movember Foundation and how to get involved, please visit hk.movember.com





Choosing to live in the slow lane

Participants in CancerLink's Slow Down, Enjoy Life programme reconnect with the small but important things in life.

Instant noodles. Instant cash. Instant messaging. Modern life today demands a need for speed however, as we race through life, could we be missing it? Our experts say it doesn't need to be this way.

"It's a choice," explains Shiao Kuang, the head of Wellness and Holistic Health Care at the Cancer Fund. "We can choose to live life in a hurry or at a slower pace. And by choosing to do the latter, through mindfulness, we are better able to take control of our life and how we approach it." Slowing down can help you connect to your body, your thoughts and emotions. It can also lead to improved

communication with loved ones, with whom you are more willing to share your time and feelings.

While the concept applies to everyone, Shiao Kuang notes that it's especially relevant for those touched by cancer as they often feel that their life is spinning out of control. CancerLink's wellness programmes offer several ways to learn about mindfulness, including a programme that allows users to enjoy a day close to nature.

Held at the Kadoorie Farm & Botanic Garden in Tai Po, the programme takes place amid organic farming terraces, botanic gardens and native forest, bringing

together a cross section of individuals, from cancer survivors to those who have recently been diagnosed.

“Being surrounded by nature and slowing down our pace – listening to the birds deep in the woods, noticing the smallest flower blooming and feeling the contours of the stones we step on – we are able to enjoy life from a very different perspective,” says Shiao Kuang.

“The programme offers simple and practical mindfulness training and exercises about the blessings of Mother Nature”

“The programme offers simple and practical mindfulness training and exercises about the blessings of Mother Nature,” says Pin Han, Assistant Manager, Wellness and Holistic Health Care at the Cancer Fund. “Participants are able to raise their awareness and consciousness to live in the moment.”

The whole-day activity includes meditating, a walk in the grounds of the farm – which covers 148 hectares on the northern slopes of Hong Kong’s highest mountain, Tai Mo Shan – yoga poses, reading, slow-eating practice and a tea ceremony. Using the leaves of herbs from the Eco Garden, participants make their own tea in a process that celebrates what nature offers.

Recent attendees discovered the profound effect such encounters with nature can have. “I had almost forgotten how much nature offers us on a daily basis,” one participant said. “The water we drink, the rice we eat, the chair we sit on, the clothes we wear – everything is from nature, and I wouldn’t have related my daily life so much with nature if I hadn’t had such a chance to slow down and think deeply.”

For one cancer survivor, everyday stresses were swept away through attending the programme. “Walking in nature allowed me to slow the speed at which I walk, slowed my mind, and enabled me to enjoy just being,” she shared, while another said that just being still amongst nature helped to know that healing had started.

Pin Han explains, “most participants feel more relaxed after the workshop, empowered to handle everyday obstacles and to take care of others. It’s a real blessing to be able to enrich the lives of others in this way.”

Slowing down can be a fruitful and enthralling experience and it all starts with a simple choice.

FOR MORE INFORMATION

For full details on the range of wellness programmes available, pick up a copy of Link magazine at any of our CancerLink centres or call 3667 3000



Our supporters make our work possible

Thank you BTIG

Thank you to BTIG who once again raised money for Hong Kong Cancer Fund this year at their BTIG Charity Day; an annual event which sees all profits made by the firm that day donated to a selected charity.

Every year, BTIG looks for opportunities 'to contribute to organisations that are on the front lines of delivering support and solutions worldwide', Scott Kovalik, Chief Executive Office and Co-founder of BTIG. Since 2011, BTIG have raised over HK \$1.6 million dollars for Cancer Fund.

This ongoing generosity has helped us to provide people living with cancer access to highly qualified social workers, nurses and other health professionals who deliver quality care and support. Our experience and range of psychosocial support is unparalleled and meets a growing need in the community.

Without loyal friends like BTIG, our work would not be possible.



Affordable Art Fair

In May this year, we once again joined the Affordable Art Fair by hosting an art therapy workshop and charity art auction.

All funds raised from the auction help us to provide our FREE art therapy programmes and workshops. These workshops are led by professional art therapists to help alleviate stress and anxiety for our clients, while encouraging self-expression and creativity.



Stride for a Cure

This fun filled event is great for families and friends who enjoy the countryside and this year we are having a Christmas Walkathon on Sunday 18th December 2016. Our 5km and 10km routes start and finish at Hong Kong International School.

Santa and his little helpers will be waiting on the finish line for everyone with some great entertainment to get you into the Christmas spirit.

This very popular event has limited spaces so register now



online at www.cancer-fund.org/sfc and don't miss out!

If you can't make our event but still want to get involved, visit www.cancer-fund.org/sfc-run

to find out more about Run for a Cure and how you can still support Cancer Fund while staying fit and healthy.

Getting to know our Street Fundraisers

You may have seen our Cancer Fund street fundraisers out and about in Hong Kong. They're recognisable by their bright orange branded t-shirts and enthusiasm for Cancer Fund. Our street fundraisers are important ambassadors who raise both funds and awareness of our services across Hong Kong.

We introduce our service and people interested in supporting us can sign up as monthly donors via credit card or bank autopay. We do not receive any cash donations through our street fundraising. Our street fundraisers also help refer people they meet who need free cancer support to use our service.



We would like to recognise the tireless hard work of our fundraisers without whom, we wouldn't be able to provide our FREE services to people touched by cancer. Next time you see one, please say hello!

Thank you to all our supporters

We would like to acknowledge and thank the following friends, volunteers, individual donors and Circle of Friends members. Your generosity and continued support allows our services to grow so no one faces cancer alone.

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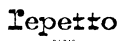
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